



October to  
November  
2002

Published by the  
Town of Fountain Hills  
Parks & Recreation

## Fountain Hills Fall Special Events

Staff at the Fountain Hills Parks and Recreation Department is excited to continue several annual fall traditions: The Halloween Carnival and the Turkey Trot. The Halloween Carnival is a fun and safe alternative for families to enjoy Halloween. The Turkey Trot is a great way to start out the Thanksgiving day with either a one-mile stroll or 5k run. This event attracts over 500 people and is followed by the Chamber of Commerce's Thanksgiving Day Parade.

### HALLOWEEN CARNIVAL

Spooky ghosts, goblins, and tiny critters are all invited to the Halloween Carnival at Four Peaks Neighborhood Park on Wednesday, October 31<sup>st</sup> from 6:00 p.m. to 9:00 p.m. There will be carnival games, bouncy toys, music, and of course, LOTS OF CANDY!!!!



No need to trick or treat. This Halloween Carnival provides a much safer alternative to trick-or-treating and will be a lot more fun! So don't bother buying and handing out candy at your home this year. Turn out the porch lights and join Parks and Recreation for a fun-filled evening.

Volunteers are needed to run the carnival games, help with concession sales, ticket sales, etc. We need your help in making this the best Halloween Carnival ever. If you are interested in volunteering your time for this great community event, contact Bryan Hughes at 816-5135.

### TURKEY TROT '02

Come on out and join the Town of Fountain Hills and the Fountain Hills Parks and Recreation for the 12<sup>th</sup> Annual Turkey Trot 5K Run and One-Mile Fitness Walk and Wheelchair Stroll on Thanksgiving morning. Over 500 people participate in this holiday tradition each year. All pre-registered participants will receive a commemorative Turkey Trot T-shirt.



Run with the Turkey

**WHERE:** TOWN HALL - EAST PARKING LOT  
**DATE:** THURSDAY, NOVEMBER 28, 2002  
**TIME:** 6:30 A.M. - CHECK-IN BEGINS  
7:30 A.M. - RACE BEGINS  
**FEE:** \$10 PER RUNNER (COURSE # 1588) OR  
\$15 PER RUNNER ON RACE DAY  
\$5 PER WALKER (COURSE # 1589)  
**CONTACT:** P&R SPECIAL EVENT HOTLINE, 816-5199

Awards will be given to the top three finishers in various age divisions. Come on out and get some exercise, and then stay to watch the Chamber of Commerce's Thanksgiving Day Parade.

For more information on these special events, call  
the P&R Special Event Hotline at 816-5199.

# Arizona Excursions & Special Events

## Hiking Series

We are starting another great fall hiking season filled with beautiful scenery where you can make new friends along the way. Please bring two quarts of water, a sack lunch, and comfortable hiking boots.

Where: **Lost Canyon, Sedona**

Level: easy to moderate

Date: October 12<sup>th</sup> - Course #1593

Where: **Picacho Peak, Tucson**

Level: difficult

Date: November 9<sup>th</sup> - Course #1594

Where: **Circumference Trail, Phx**

Level: easy

Date: December 14<sup>th</sup> - Course #1595

Fee: \$15 for each trip

Contact: Brent Bitterman, 816-5142

## Lecture Series

Join us every Monday morning during the month of October to relive the past and learn about our pioneers. Speakers and topics include: Lieutenant Henry Flipper, *Buffalo Soldier*; Arturo Rosales, *Anglo and Mexico Frontier Music*; Chris Smith, *American and Their Things*; and Jeremy Rowe, *1900-1920 A Postcard Tour of Arizona*.

Where: Community Center

Fee: No Charge

Date: Mon., Oct. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> Contact: Brent Bitterman, 816-5142

Time: 10:00 a.m. - 12:00 p.m.

## Homecoming Tailgate Party

Join the fun at Golden Eagle Park on the night of the FH High School Homecoming game. Starting at 5:00 p.m., Parks & Recreation will have a DJ, games, face painting, food, refreshments, and more! The Maricopa County Sheriff's Office and the Fountain Hills Boys & Girls Club will help to sponsor this event.

Where: Saguaro Ramada at GEP

Date: Friday, October 11<sup>th</sup>

Time: 5:00 p.m. - 7:00 p.m.

Ages: All ages welcome

Fee: \$1 food and beverage combo

Contact: Corey Hromek, 816-5170



## Verde Canyon Railroad

Join us on our journey for an unforgettable ride on the Verde Canyon Railroad on this historic route from Clarkdale to Perkinsville and back--a trip coined as "Arizona's other Grand Canyon". During the four hour ride meandering through the beautiful Verde Canyon, you will experience ancient Native American ruins, old-fashioned trestles, a 680-foot, man-made tunnel, and majestic red cliffs.

Where: Verde Canyon Railroad  
Clarkdale, Arizona

Date: Friday, November 22<sup>nd</sup>

Time: 9:30 a.m. - 7:00 p.m.

Course: #1615

Fee: \$40 per participant

Contact: Brent Bitterman, 816-5142



## Kartchner Caverns

This turnaround trip is back by popular demand. Join us to experience this 200,000 year old natural wonder. While spending over an hour inside this precious living cave, you will be amazed and astounded by its natural beauty.

Where: Kartchner Caverns

Date: Sat., November 16<sup>th</sup>

Time: 8:00 a.m. - 7:00 p.m.

Course: #1614

Fee: \$40 per participant

Contact: Brent Bitterman, 816-5142



## Day Trips

Enjoy a cool fall day of shopping, visiting the high country, and strolling a neighborly mansion as part of our fall Arizona Excursions trips. All trips leave from Town Hall, the north parking lot.

Where: **Wrigley Mansion**

Date: October 18<sup>th</sup> - Course #1610

Fee: \$12 per participant

Where: **Historical Jerome, Arizona**

Date: October 29<sup>th</sup> - Course #1611

Fee: \$10 per participant

Where: **Chandler Fashion Center**

Date: November 12<sup>th</sup> - Course #1612

Fee: \$5 per participant

Where: **Scottsdale Fashion Square**

Date: December 4<sup>th</sup> - Course #1613

Fee: \$5 per participant

Contact: Brent Bitterman, 816-5142

## Late Night

The most popular program for teens is back! Brought to you by the Parks & Recreation Department, the Fountain Hills Boys & Girls Club, and the Maricopa County Sheriff's office, Late Night offers hours of safe, yet fun, entertainment. This program features a special activity each month, plus a DJ, hours of music to dance to and plenty of prizes. Join the hundreds of others for a night to remember!

Where: FH High School Gyms

Date: Saturdays, Oct. 5<sup>th</sup> & Nov. 2<sup>nd</sup>

Time: 7:00 p.m. to midnight

Ages: Students in grades 6 - 12

Fee: No Charge

Contact: Corey Hromek, 816-5170

# Special Interest & Arts and Craft Classes

## Spanish Classes for All Ages

We will be offering three Spanish classes that include: **Spanish for Kids**, which is designed to teach children a new language in a fun and entertaining environment. Participants must be able to read and an adult must accompany children. **Beginning Spanish** is an informal course for those with little or no background in Spanish. Emphasis is on vocabulary and phrases immediately useful to communicate in Spanish. And finally, **Intermediate Spanish** for people who have some knowledge of basic Spanish vocabulary. Contact Brent Bitterman at 816-5142 with questions.

Where: Community Center  
Seminar Room #2

Class: **Spanish for Kids**

Date: Tue., Oct. 8<sup>th</sup> - Nov. 12<sup>th</sup>

Time: 4:00 p.m. - 5:00 p.m.

Course: #1616, Fee \$30 per student

Instructor: Jean Greenwood

Where: Community Center  
Seminar Room #2

Class: **Beginning Spanish**

Date: Tue., Oct. 8<sup>th</sup> - Nov. 12<sup>th</sup>

Time: 6:00 p.m. - 8:00 p.m.

Course: #1617, Fee \$40 per student

Instructor: Jean Greenwood

Where: Community Center  
Seminar Room #1

Class: **Intermediate Spanish**

Date: Wed., Oct. 9<sup>th</sup> - Nov. 13<sup>th</sup>

Time: 6:00 p.m. - 8:00 p.m.

Course: #1618, Fee \$40 per student

Instructor: Anne Bender

## Holiday Hoopla!

Kids and parents are invited to help us celebrate the coming holidays by making some festive arts and crafts. There will be 10 different crafts to create, plus snacks and music to add to the fun. Register early to enjoy all of the Hoopla!

Where: Community Center  
Classrooms #1 and #2

Date: Saturday, Oct. 26<sup>th</sup>

Course: #1602

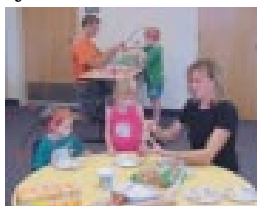
Date: Saturday, Nov. 23<sup>rd</sup>

Course: #1603

Times: 9:00 a.m. - 11:00 a.m.

Fee: \$11 per participant

Contact: Corey Hromek, 816-5170



## Bridge Lessons for Beginners



Are all of your friends playing bridge and you don't know how? Well, join Parks & Recreation and we will teach you how to play the exciting game of bridge in this quick four week course for beginners.

Where: Community Center

Date: Oct. 25<sup>th</sup>, Nov. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

Time: 9:00 a.m. - 11:00 a.m.

Fee: \$4 per participant

Contact: Brent Bitterman, 816-5142

## Wiggles & Giggles

Your little ones will wiggle and giggle all the way home after making tons of fun arts & crafts projects. Activities included in this four week class will be story time, games, songs, and arts & crafts activities. A parent must be present for each class.

Where: Community Center,  
Kindercare Room

Date: Sat., Oct. 12<sup>th</sup> and 19<sup>th</sup>

Time: 9:00 a.m. - 11:00 a.m.

Course: #1619

Ages: 3 to 6 years old

Fees: \$20 per participant

Instructor: Beth Baltrusch

Contact: Brent Bitterman, 816-5142

## Financial Planning

Join Maureen Featherstone for the following financial classes that will be held at the Community Center: **What Happens After The Paycheck**-an ideal class for retirement planning. **How to Withdraw Money from IRA and Social Security** - Tax Free-saving money by utilizing little known tax strategies. And finally, **Ten Ways to Wealth**-looking at past methods of managing wealth while looking ahead to insightful possibilities. Class fee is \$5 per participant for each class.

Class: **What Happens After The Paycheck**

Date: Oct. 10<sup>th</sup>, 10:30 a.m.-12:00 p.m.

Course: #1626

Date: Oct. 12<sup>th</sup>, 10:30 a.m.- 12:00 p.m.

Course: #1627

Date: Nov. 20<sup>th</sup>, 6:30 p.m. - 8:00 p.m.

Course: #1628

Class: **How to Withdraw Money from IRA & Social Security**

Date: Nov. 14<sup>th</sup>, 10:30 a.m.-12:00 p.m.

Course: #1629

Date: Nov. 16<sup>th</sup>, 10:30 a.m.-12:00 p.m.

Course: #1630

Class: **Ten Ways to Wealth**

Date: Oct. 16<sup>th</sup>, 6:30 p.m. - 8:00 p.m.

Course: #1623

Date: Oct. 19<sup>th</sup>, 10:00 a.m. - 11:30 a.m.

Course: #1624

Date: Nov. 23<sup>rd</sup>, 10:30 a.m.-11:30 a.m.

Course: #1625

Contact: Brent Bitterman, 816-5142

## Dino-Might Dinosaur Dig

If your child "digs" dinosaurs then this class is for you. Your little T-Rex will have a great time making dino-crafts and learning about the past while having fun now.

Where: Community Center,  
Kindercare Room

Date: Saturday, November 16<sup>th</sup>

Time: 12:00 p.m. - 2:00 p.m.

Course: #1620

Ages: 3-6 years old

Fee: \$10 per participant

Instructor: Beth Baltrusch

Contact: Brent Bitterman, 816-5124



# Adult & Youth Sports

## Tennis Lessons

Tom Lepisto and staff are back, but with new days and times to reduce conflicts. All lessons are now Mondays and/or Wednesdays at Golden Eagle Park. Junior and Adult lessons are available in six week sessions.

Where: Golden Eagle Park	Class: <b>Pee Wee (age 3 - 5)</b>
Date: Session II - Oct. 28 <sup>th</sup> - Dec. 4 <sup>th</sup>	Wed., 5:30 - 6:00 p.m.
	Course #1542
Class: <b>Jr. High/High School (age 13-18)</b>	Class: <b>Adult Beginning</b>
Mon. & Wed., 4:00 - 5:00 p.m.	Mon. 7:00 - 8:00 p.m.
Course: #1539	Course: #1532
Class: <b>Age 6 - 9</b>	Class: <b>Adult Intermediate</b>
Mon. & Wed., 5:00 - 6:00 p.m.	Wed., 7:00 - 8:00 p.m.
Course: #1540	Course #1534
Class: <b>Age 10 - 12</b>	Fee: <b>Junior \$65 and PeeWee \$30</b>
Mon. & Wed., 6:00 - 7:00 p.m.	Adult - \$55
Course: #1541	Instructor: Tom Lepisto, 816-6699
	Contact: Milo Bonnin, 816-5132



## Punt, Pass & Kick

Come out to Golden Eagle Park and test your skills and compete in the NFL's Punt, Pass & Kick contest. This program is for boys and girls. Qualifiers will move on to compete in the Regional Competition.

Where: Golden Eagle Park  
Date: October 4<sup>th</sup>  
Time: 4:00 p.m.  
Course: #1505  
Ages: Boys & Girls, 8-15 years old  
Fee: Free  
Contact: Milo Bonnin, 816-5132

## Senior Softball week Day Classic

Come out to the park and see some exciting softball action! Games begin on Thursday November 7<sup>th</sup> and end on Sunday, November 10<sup>th</sup>.

Where: Golden Eagle Park  
Date: November 7<sup>th</sup> - 10<sup>th</sup>  
Time: 8:00 a.m. - 5:00 p.m.  
Course: #1505  
Fee: \$200 per team  
Contact: Milo Bonnin, 816-5132

## Gymnastics

Lessons will be offered at Four Peaks Elementary School. Boys and girls of all levels are welcome.

Where: Four Peaks Elementary School  
Date: Tuesdays and Thursdays  
Oct. 15<sup>th</sup> - Dec. 19<sup>th</sup>  
**No class: Oct. 31<sup>st</sup>, Nov. 12<sup>th</sup> and Nov. 28<sup>th</sup>**

Class: Beginning, 3:30 - 4:30 p.m.  
Course: #1546

Class: Intermediate, 4:20 - 5:20 p.m.  
Course: #1547

Ages: Boys & Girls ages 5 - 12

Fee: \$65 per participant

Instructor: Kirsten Smith

Contact: Milo Bonnin, 816-5132

## 3-on-3 Basketball

Men's half court basketball is back. Get the team together and hit the court.

Where: Golden Eagle Park  
Date: October 10<sup>th</sup>  
Time: Thur., 7:00 p.m. - 9:00 p.m.  
Course: #1554  
Fee: \$100 per team  
Contact: Milo Bonnin, 816-5132

## Youth Basketball League

Kids will gain knowledge of the game of basketball, the concept of teamwork, and learn sportsmanship through this program. The \$60 cost per player includes a team shirt, equipment, supervision, officiated games, and player awards. Games will be played on Saturdays, February through April, 2003 at the Fountain Hills High School Gymnasiums.

Volunteer coaches and assistant coaches are needed for the league, and all coaches will receive National Youth Sports Coaches Association certification. Applications available at Parks and Recreation for anyone interested in volunteering.

Open registration begins November 4<sup>th</sup> at the Parks and Recreation Office during normal business hours. Faxed and phone registrations will NOT be accepted, and payment must be in cash or check. Participants who register after the December 20<sup>th</sup> deadline will be placed on a waiting list, and may be placed in the league depending on availability.

### Open Registration: November 4<sup>th</sup> through December 20<sup>th</sup>

#### After Hours Registration

December 7<sup>th</sup> - 9:00 a.m. to 12:00 p.m. at the  
Palo Verde Room, Golden Eagle Park  
December 11<sup>th</sup> - Until 7:00 p.m. at P&R Office, Bldg. A  
December 17<sup>th</sup> - Until 7:00 p.m. at P&R Office, Bldg. A  
December 20<sup>th</sup> - Deadline to register until 7:00 p.m.  
at the P&R Office, Bldg. A



### League Divisions

Course #1631	Coed 1 <sup>st</sup> and 2 <sup>nd</sup>
Course #1632	Boys 3 <sup>rd</sup> and 4 <sup>th</sup>
Course #1633	Boys 5 <sup>th</sup> and 6 <sup>th</sup>
Course #1634	Boys 7 <sup>th</sup> , 8 <sup>th</sup> , and 9 <sup>th</sup>
Course #1635	Girls 3 <sup>rd</sup> and 4 <sup>th</sup>
Course #1636	Girls 5 <sup>th</sup> and 6 <sup>th</sup>
Course #1637	Girls 7 <sup>th</sup> , 8 <sup>th</sup> , and 9 <sup>th</sup>

## Exercise and Fitness Classes

### **Chi Kung**

Chi Kung (Qi Gong) is an ancient Chinese health maintenance system that uses low impact movements to work with your own personal energy for health and fitness--an excellent companion to Tai Chi Chuan. During a typical workout you will move through a complete set of very low impact movements toning your physical and energetic body.

Where: Community Center  
Ballroom #4  
Date: Wed., Nov. 6<sup>th</sup> - Dec. 18<sup>th</sup>  
**No class on November 27<sup>th</sup>**  
Time: 7:00 p.m. - 8:30 p.m.  
Course: #1609  
Fee: \$32 per participant  
Instructor: Dick Wilson  
Contact: Brent Bitterman, 816-5142

### **Karate**

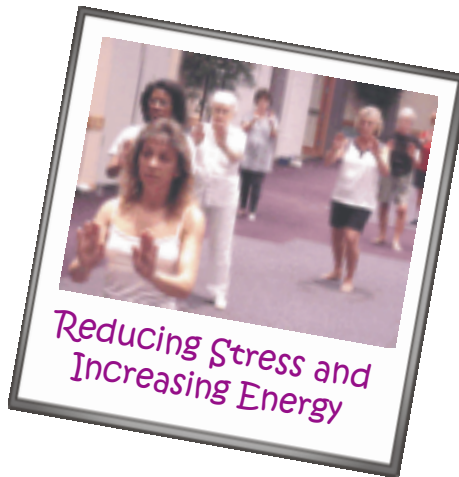
Kids and adults can take this class to learn if karate is the sport for them. This beginning course is an introductory to karate and will teach participants discipline, control, physical fitness, as well as martial arts skills.

Where: Fountain Hills Karate Club  
Date: October 28<sup>th</sup> - December 6<sup>th</sup>  
Class: Age 5 - 12 (Mon, Wed & Fri)  
Times: 4:00 p.m. - 5:00 p.m.  
Course: #1605  
Class: Age 13 - Adult (Mon, Wed & Fri)  
Times: 6:00 p.m. - 7:00 p.m.  
Course: #1606  
Fee: \$16 per participant  
Instructor: Shawn Dow, 816-8890  
Contact: Milo Bonnin, 816-5132

### **Kiddie Rhythmics**

Come explore movement and dance this fall with this program for pre-school kids. Participants will learn simple dance moves, play games, and discover new songs. The kids will also enjoy a snack with their new friends at the end of each hour.

Where: Community Center,  
Ballroom #4  
Date: Mondays, Nov. 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>,  
and Dec. 2<sup>nd</sup>  
Class: Age 2 - 3, 3:30 p.m. - 4:30 p.m.  
Course: #1600  
Class: Age 4 - 6, 4:30 p.m. - 5:30 p.m.  
Course: #1601  
Fee: \$25 per participant  
Contact: Corey Hromek, 816-5170



### **Tai Chi Chih**

This is a powerful healing art involving slow and easy movements. Benefits include reduced stress, increased energy, balance, and much more.

Where: Community Center  
Ballroom #2  
Date: Mon., Nov. 4<sup>th</sup> - Dec. 16<sup>th</sup>  
**No class on November 11<sup>th</sup>**  
Class: Beginners, Course #1607  
9:00 a.m. - 10:30 a.m.  
Class: Intermediate, Course #1608  
10:45 a.m. - 12:15 a.m.  
Fee: \$32 per participant  
Instructor: Fredora Nightingale Powell  
Contact: Brent Bitterman, 816-5142

### **ABS 101**

Have you always wanted that six-pack tummy, well now is your chance. Dress comfortably and bring a towel or mat.

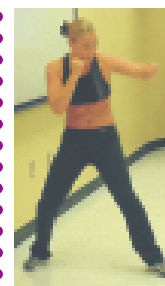
Where: Community Center,  
Classroom #1 and #2  
Date: Mon. and Wed.  
Oct. 21<sup>st</sup> - Nov. 18<sup>th</sup>  
**No class on November 11<sup>th</sup>**  
Time: 8:30 a.m. - 9:00 a.m.  
Course: #1639  
Fee: \$18 per participant  
Instructor: Lindsey Greer  
Contact: Brent Bitterman, 816-5142

### **Yoga**

Enjoy this very relaxing exercise class and become both physically and mentally fit by experiencing the mood of music and deep meditation. Wear comfortable stretch-clothing, and bring a mat and water.

Where: Inner Peace Yoga & Fitness  
Date: Nov. 2<sup>nd</sup> - Nov. 25<sup>th</sup>  
Class: Beginners I, Course #1622  
Mon., 5:45 p.m. - 6:45 p.m.  
Class: Beginners IV, Course #1621  
Sat., 9:30 a.m. - 10:30 a.m.  
Fee: \$32 per participant  
Instructor: Inner Peace Center  
Contact: Brent Bitterman, 816-5142

### **Cardio Kickboxing**



This is the best workout in Town. Cardio Kickboxing is a fun and exciting way to learn basic self-defense, as well as getting slim and trim. Don't miss this class, and tell all of your friends.

Where: **Community Center**,  
Classroom #1 and #2  
Date: Mon. and Wed.  
Oct. 21<sup>st</sup> - Nov. 18<sup>th</sup>  
**No class on November 11<sup>th</sup>**  
Time: 7:30 a.m. - 8:30 a.m.  
Course: #1638  
Fee: \$36 per participant  
Instructor: Lindsey Greer  
Contact: Brent Bitterman, 816-5142

Where: **High School Dance Room**  
Date: Tue. and Sat.  
Oct. 22<sup>nd</sup> - Nov. 16<sup>th</sup>  
Time: Tue., 6:30 p.m. - 7:30 p.m.  
Sat., 7:30 a.m. - 8:30 a.m.  
Course: #1641  
Fee: \$36 per participant  
Instructor: DuVonne Preisler  
Contact: Brent Bitterman, 816-5142

## Fountain Hills Library

October and November in the library offer many wonderful programs and opportunities. For more information on any of these, call Sandra Dunkin at 837-9793, ext. 211.

**Poetry Readings** - Poet David Lee will be reading *A Legacy of Shadows* at 1:00 p.m. on October 21<sup>st</sup> and Rios Alberto will be reading *The Smallest Muscle in the Human Body* at 7:00 p.m. on October 29<sup>th</sup>.

**Computer Classes** - Free classes for beginners on Wednesdays - 1:30 p.m. to 2:30 p.m. and Saturdays - 10:00 a.m. to 11:00 a.m. Registration is REQUIRED. Registration begins two weeks before classes begin.

**Once Upon a Monday** - stories, activities, crafts for toddlers and pre-schoolers. No registration required. Meet in the Conference Room from 10:00 a.m. - 11:00.

**Stories for Children** - Scary Stories with Macabre Madame M. on October 12<sup>th</sup> at 1:00 p.m., and Don and Victoria Armstrong reading Halloween stories (call library for details).

**Native American Hoop Dancer** - with Brian Hammill whose performances includes intricate maneuvers using up to 44 hoops in a single performance. Call the Library for the November performance.

**Book Club** - Beginning in November/December. Call Karen at 837-9793 ext. 207 for more information.

**25th Silver Anniversary** - October 25<sup>th</sup> from 9:00 a.m. to 5:00 p.m. the Library will celebrate its 25th Anniversary. There will be refreshments in the library for all who wish to celebrate, and birthday cake will be served at 1:00 p.m. A remembrance of the occasion will be given to the first 2,500 people who join with the Fountain Hills Library Association in wishing our local library "Happy Birthday"! Resale Book Volunteers and Library Association members will also receive a special remembrance of the day.

New library volunteers are always welcome. If you have been looking for a rewarding way to help out in our community, this is a perfect place. Sign up in the Resale Book Store for a shift of your choice, or at the main desk to help in the library itself.



## Fountain Hills Unified School District

With the completion of the new Fountain Hills Middle School campus, students were welcomed to a new state of the art facility located at 15414 N. McDowell Mountain Road on August 12, 2002. The Middle School is no longer sharing a campus with Fountain Hills High School, and the District Administrative Office moved from 14605 N. Del Cambre to 16000 E. Palisades Blvd. (the recently vacated Middle School administrative building). During summer renovations, the District experienced several upgrades including the new Cisco Voice Over IP telephone system. This means that all district phone numbers have changed.

District Office:	664-5000
McDowell Mnt. Elemen.:	664-5200
Four Peaks Elementary:	664-5100
FH Middle School:	664-5400
FH High School:	664-5500
Transportation Warehouse:	664-5300

## Community Center Holiday Cheer

Join in the holiday spirit on Saturday, December 7<sup>th</sup> from 2:00 p.m. to 5:00 p.m. for the Annual Holiday Celebration at the Fountain Hills Community Center. Help us to decorate holiday trees and wreaths while listening to festive music! For additional information please call the Community Center at 816-5200.



Celebrate  
Holiday Cheer

## Alzheimers Support Group.

The Group meets on the first Tuesday of each month from 2:30 p.m. to 4:00 p.m. in the Palo Verde Room at Golden Eagle Park. Caregivers of people with Alzheimers and related disorders are invited to attend. For further information, interested persons may call Carolyn at 837-2301.



## "HELP US, HELP YOU"



**M**any people think of Halloween as a time for fun and treats. However, according to the National Safety Council, children ages 5-14 are four times more likely to be killed while walking on Halloween evening compared to other evenings of the year. Additionally, children are also likely to sustain more falls on Halloween night, which is a leading cause of Halloween related injuries.

Many deaths and injuries can be prevented if parents closely supervise school-aged children. Parents can help prevent children from getting injured by following these safety tips from the American Academy of Pediatrics and the Centers for Disease Control and Prevention.

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 1 Carry a flashlight                  | 7 Wear a watch readable in the dark  |
| 2 Walk, don't run                     | 8 Ensure costumes aren't too long    |
| 3 Stay on Sidewalks                   | 9 Wear reflective tape on clothing   |
| 4 Obey traffic signals                | 10 Approach only houses that are lit |
| 5 Stay in familiar neighborhoods      | 11 Stay away from unfamiliar animals |
| 6 Don't cut across yards or driveways | 12 Have a safe and happy Halloween   |

### HOME SWEET HOME HALLOWEEN SAFETY TIPS

Keep yards clear of tripping hazards such as ladders, hoses, dog leashes, and flower pots.

Secure pets to protect them from cars or inadvertently biting a visiting trick-or-treater.

Use battery powered jack o'lantern candles instead of flames.

Keep flaming candles away from paper and cloth yard decorations.

Designate a driver for adult Halloween parties.



## Fountain Hills Parks and Recreation Program Registration & Release of Liability

Please PRINT

1 Main Contact \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_ Emerg. Phone \_\_\_\_\_

Participant's Name	Birth Date	Sex	Grade	T-shirt Size	Program Title	Course Number	Fee
Please make checks payable to: The Town of Fountain Hills						<b>TOTAL</b>	

Signature of Participant (or parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

By signing above I understand that no medical insurance is provided for Town of Fountain Hills activities and agree to assume the risk for any injury related to my participation or the participation of my dependents. I agree to make no claims against the Town of Fountain Hills or any of its officers, employees, or volunteers for any injury or incident arising from this activity, however caused, including liability for negligence. I am physically able (or my dependent is physically able) to participate in this activity. I consent to any medical treatment my dependent needs while involved in this activity and I agree to pay for it. I realize that the Town of Fountain Hills is not responsible for lost or stolen articles.

Mail to: Parks and Recreation Department, ATTN: Program Registration  
P.O. Box 17958, Fountain Hills, AZ 85269

OR Deliver to: Town Hall, 16836 E. Palisades Blvd., Building A

For Office Use Only	
Date Received	_____
Check #	_____
Cash	_____ Staff _____

IF YOU REQUIRE SPECIAL ACCOMMODATIONS, PLEASE CALL 480-816-5152 (VOICE) OR 1-800-367-8939 (TTD)



The Senior Activity Center of Fountain Hills is open Mondays, 9:00 a.m. to 4:00 p.m.  
 The Center is located at the Town Hall Complex, 16836 E. Palisades, Building C, facing north.  
 Participation fee of \$10.00 is requested on a calendar-year basis. Contact us at 816-5888.

### Fitness Classes

Fitness class fee is \$2 per session or \$20 punch cards are available for payment.

**Strength Training:** Tue. & Thurs. 8:00 a.m. - 9:00 a.m.

**Low Impact Aerobics:** Tue. & Thurs. 9:10 a.m. - 10:10 a.m.

**Stretch 'n Tone:** Beginning Nov. 4<sup>th</sup> on Mon. & Wed. 4:00 p.m. - 5:00 p.m.

### Line Dancing Class

Beginning and Intermediate class is Thur., 10:30-11:30 a.m. Advanced class is Mon., 7:00 - 9:00 p.m.

### Bridge

Contract bridge players meet Wed. 9:30 a.m.-12:30 p.m.

### Cards and Poker

Card players meet Fri., 9:00 a.m.- noon. Chess, Checkers, picture puzzles, and board games also available.

### Dominoes

Meets on Friday afternoons beginning at 1:00 p.m.

### Bingo

This fun group meets Mon., 1:00-3:00 p.m. Twelve games with monetary prizes: \$3.00 for 3 cards.

### Computer Classes

Based upon class registration, the following courses may be offered:

#### Computer Fundamentals

#### Introduction to Computers

#### Introduction to Graphics

#### Introduction to the Internet

#### SeniorNet Lab

This is open to any and all SeniorNet members on Wed. from 9:30 a.m.-11:30 a.m.

### Overnight Trip

Leaves from the SAC on Sun. morning, Oct. 27<sup>th</sup> and returns Tue. evening. Two nights at the River Palms Hotel. Singles (\$75) and doubles (\$125). Only 50 rooms, so make your reservations early.

### Day Trips

Trips are now being planned. Call the Center for details.

### Fishing Club

Selected Thursday trips in Senior Services van to local lakes. Call for schedule and reservations.

### Men's Group

Call the Center for the schedule of activities and discussions.

### Women's Group

**Table Talk:** Thur. 1:00-3:00 p.m. for lively discussion.

**Sixty & Single:** Meets second and fourth Wed., 1:30 - 3:30 p.m. to plan group activities.

### Hooks & Needles

Knitting and crocheting group meets every Tue. morning at 10:30 a.m.

### Wood Carvers Carve Along

Join the Friday Carve Along from 1:00-3:00 p.m. Call the Center for information.

### Art Activities

**Watercolor & Mixed Media** Wed., Oct. 16<sup>th</sup> to Nov. 13<sup>th</sup>.

**Color Drawing** Fri., Oct. 18<sup>th</sup> to Nov. 15<sup>th</sup>.

### Financial Seminars

There is no charge for these seminars. Please call the Center for reservations.

#### Tax-Free IRAs

Mon., Oct. 14<sup>th</sup> at 10:30 a.m. and Wed., Nov. 20<sup>th</sup> at 1:30 p.m. with Maureen Featherston presenting.

#### Annuity and Living Benefits

Mon., Oct. 28<sup>th</sup> at 9:30 a.m. with Doug Blackwell presenting.

## Senior Center Fall Open House

Friday, October 11<sup>th</sup>,  
1:00 p.m. to 3:00 p.m.

Come join us for refreshments, entertainment, demonstrations, and an opportunity to register for activities.

### Caregiver Support Group

Oct. 9<sup>th</sup> and Nov. 13<sup>th</sup> beginning at 10:00 a.m. Facilitator is Donna Hepperman, M.S.W. of the Generations Program.

### Services

Call the Senior Activity Center at 816-5888 for information on the following services:

~Benefits counseling by appointment for Medicare or Social Security.

~Medical equipment loan program.

~Home delivered meals. Call Marti at the Center at extension 4.

~VICaP Orientation on Mon., Nov. 4<sup>th</sup>. Train to serve a homebound neighbor.

## How to Contact Us

Town Hall: ..... 837-2003  
 Parks & Recreation: ..... 816-5152  
 Marshals Department: ..... 837-8800  
 Sheriff's Department: ..... 837-2047  
 Fountain Hills Fire Dept.: ..... 837-9820  
 Public Library: ..... 837-9793  
 Community Center: ..... 816-5200  
 Senior Activity Center: ..... 816-5888  
 Fountain Hills School Dist.: .... 664-5000



Town of Fountain Hills  
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